

Saving Lives by Reducing Tobacco Use

NASMHPD Annual 2019 Meeting

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Confessions of a Former State Mental Health Director

Good Intentions

Behavior Modification – using
cigarettes to modify behavior

Selling cigarettes and using the
income to hire therapeutic staff

Link between losing smoking
privileges and increases in
seclusion and restraint



Bad Outcome

We realized people
with mental illness
were dying early.

As a result, we did a study.

People with Serious Mental Illness **experience 25 years lost life**, due to **smoking**, obesity, suicide, substance abuse, and inadequate medical care.



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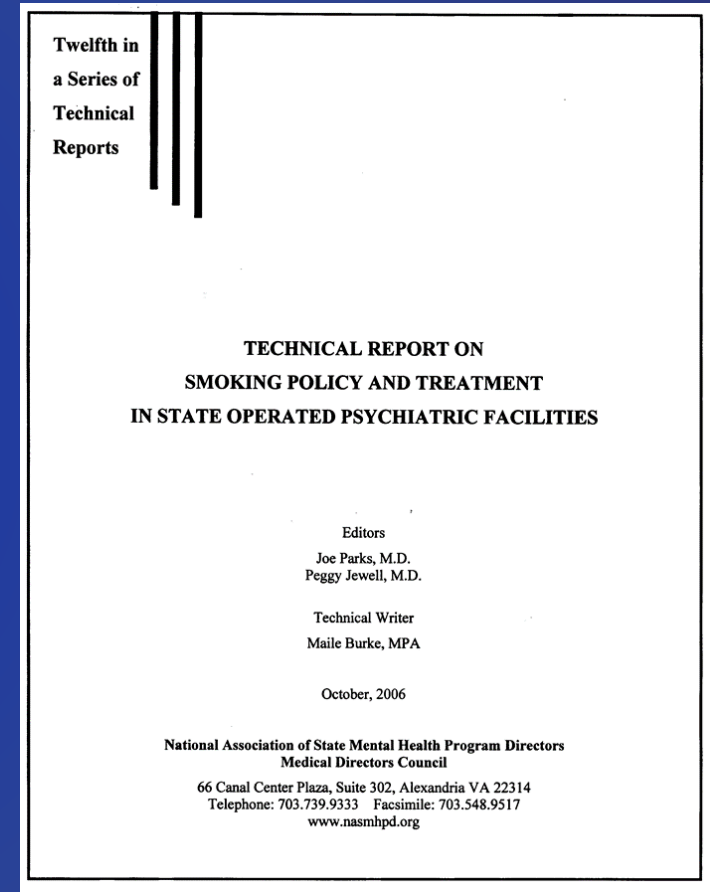
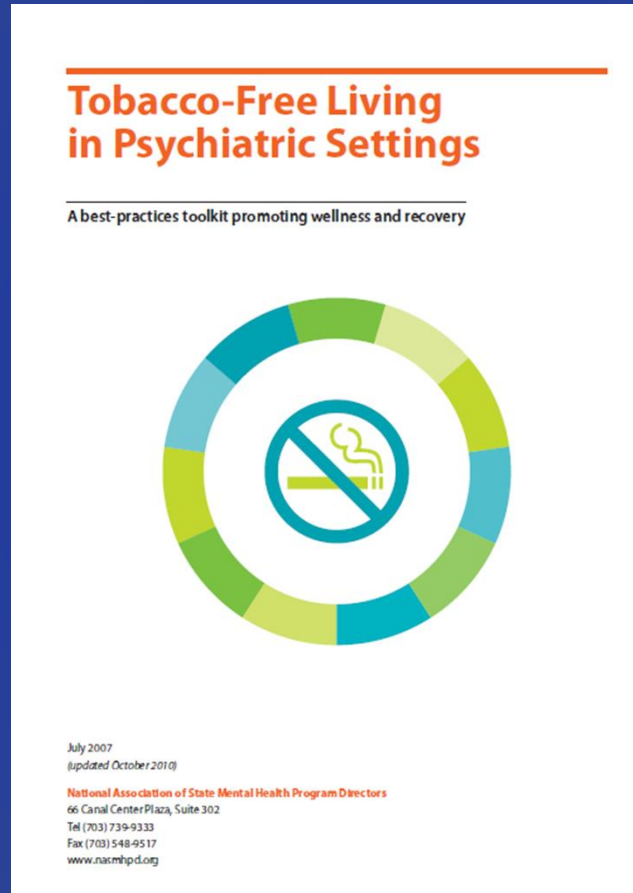
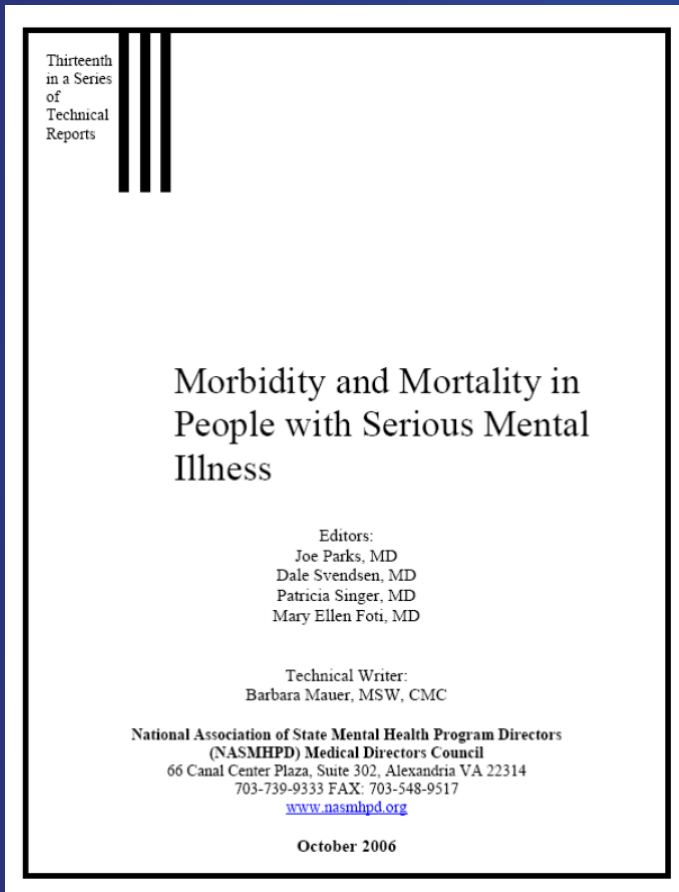
People reporting a mental disorder in the past month consumed approximately **44.3% of all cigarettes** smoked in the U.S

30%-35% of Mental Health Providers Smoke

Rates of smoking among treatment staff in mental health and substance abuse facilities and programs are higher than other health care professionals.

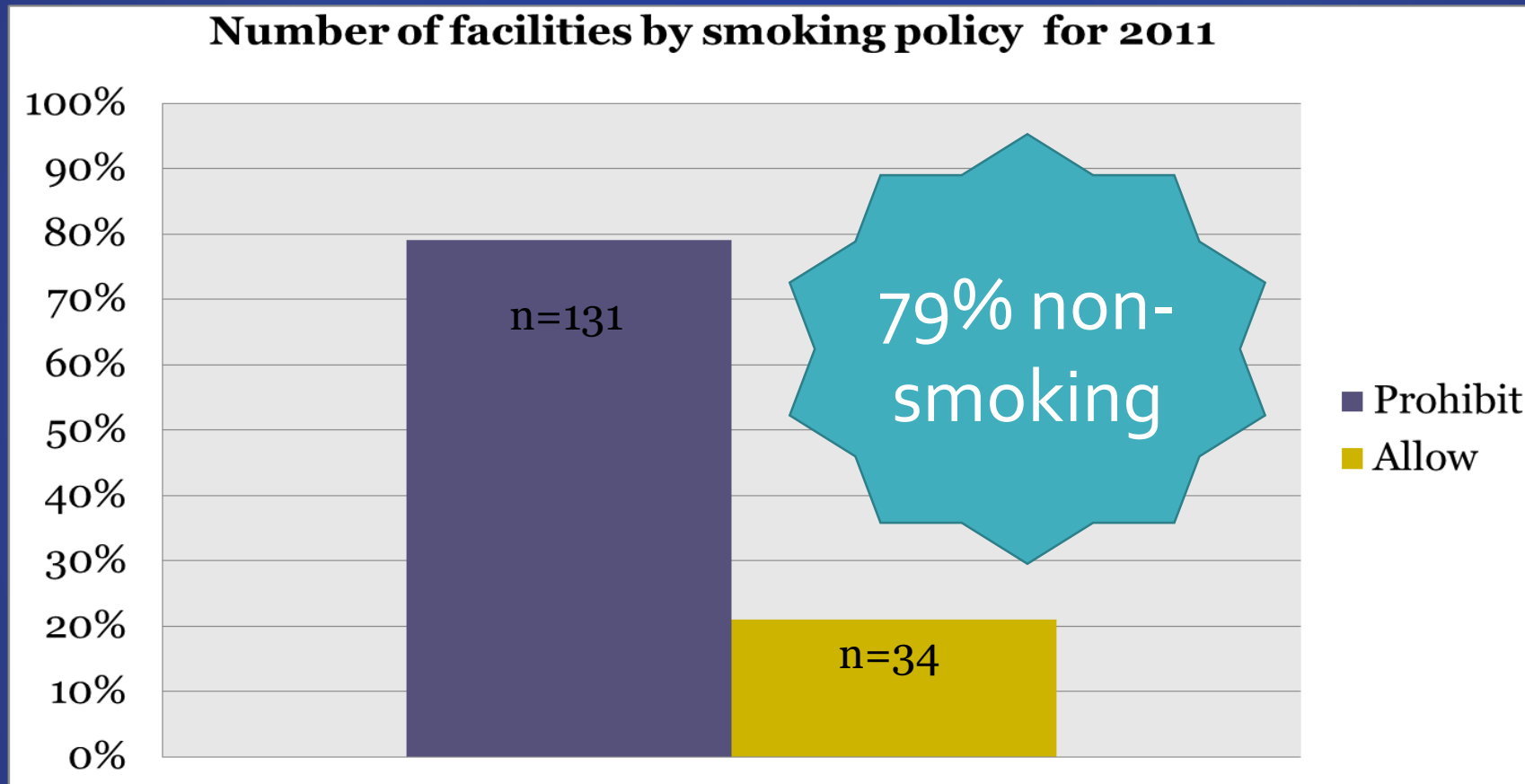
Primary Care Physicians	1.7 %
Emergency Physicians	5.7 %
Psychiatrists	3.2 %
Registered Nurses	13.1 %
Dentists	5.8 %
Dental Hygienists	5.4 %
Pharmacists	4.5 %

What are we doing about it?



Reports can be accessed at www.nasmhpd.org

We have come a long way...



...but we can do much more.